

How Time Management Can Help You Succeed

The Northwestern University Girls Basketball team has three players that made the 2020 Big 10 Scholar Award Recipient List. This award is for people from all 13 schools competing in the Big 10 Conference, that have a grade point average of 3.0 or higher for the past school year and take honors courses. The current students that made the list are juniors Veronica Burton, Jess Sancataldo, and Sydney Wood. These athletes have worked extra hard to ensure that they keep a high grade point average and continue to be responsible student athletes.

In a blog written by Michael Jordan on April 30th, 2015, titled *Work And Play: Time Management For Student- Athletes*, he states “Keeping a calendar, limiting social media, getting enough sleep, eating healthy meals, getting your work done early, developing good study habits, communicating with your teachers, and even considering getting help from a tutor are all skills you can use to become a better student athlete.” Learning these different skills can help you get all your work done so you can continue to be successful.

Staying organized with your schoolwork in between practices, working out, and games will help to earn good grades. Limiting time spent on social media is also another important point, as social media can be a distraction. Time management is a very big part of being a student athlete’s life because they must find the time to work on homework and study for tests while also maintaining a busy schedule. This requires a high level of devotion. Allowing enough time to study and do homework may mean there is less time to socialize. Time management might be the most important skill to learn in sports and will also help throughout life after athletics.

Being a student athlete myself, I can agree that time management is tough to learn. I can also say that I have been trying to use a few of these time management techniques to help improve my work ethic. Some techniques I have been using are getting enough sleep and developing good study habits. Keeping my grades up so I will be able to continue to play basketball is important to me. The players that I highlighted in this article are very inspiring to all young student athletes including me.

The players on the Northwestern University Girls Basketball Team, must use these strategies to ensure that they can keep playing the game they love and while also keeping up with school work. Burton, Sancataldo, and Wood work extra hard to play sports and also work extra hard in school to ensure they can achieve what they want on the court as well as in their life.

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